

Discus throw handbook extra

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The two kilogram or 4.4 lb discus has a diameter of 0.219 m  
the one kilogram or 2.2 lb discus has a diameter of 0.180 m

Long stick exercise:

Use a long stick of about 2 metres in length

Held up behind the back with two arms just below shoulder height  
or around the middle of the back

To learn better discus throwing technique

Do rotationals, semi rotationals and power stance to throw technique  
drills

-Rather not make violent movements while doing this exercise

Use a towel in the throwing hand to do rotationals semi rotationals  
and powerstance to throw technique drills

A traffic cone can also be used

-Rather not make violent movements while doing this exercise

Throwing with heavier and lighter weights

For example;

Throwing with a lighter weight every ones in a while can increase speed

And throwing with an heavier weight ones in a while can increase  
strength and power